

# TORONTO CENTRE FOR APPLIED BUDDHISM

## The Buddhist Volunteer Grief Counselling Certificate Course - online via Zoom

Instructor: Venerable Sister Thich nu Tinh Quang

\*\*12 Fridays; September 9 to November 25, 2022, 7:30 pm - 9:30 pm (Toronto time)

### Course Description:

In Buddhism, we are taught that loss and grief are inevitable yet they are still immensely challenging aspects of life. When a bereavement happens, no matter whether it was predicted or unexpected, it can be incredibly difficult to process. The Buddhist Volunteer Grief Counselling Certificate Course acquaints you with the grieving process and explains how to support someone going through it, exploring the various types of bereavement and advising the specifics of how to help in each situation.

The primary goal of The Buddhist Volunteer Grief Counselling Certificate Course is that students gain the knowledge and skills to provide effective grief counselling and support for Buddhist practitioners or others interested in this approach, using a biopsychosocial and Buddhist approach to grief. During these 24 hours of grief support training, students advance their counselling skills. This may include incorporating writing and art in their approach, in order to guide clients through their grief.

\*\*Registration and administration fee is \$50 (not-refundable after class starts).

## Buddhism and Acceptance and Commitment Therapy - online via Zoom

Course Instructors:

Kenneth Fung, MD, FRCPC, MSc, FAPA, DFCPA

Bhante Kusala, Buddhist monk, MA, MDiv

Glen Choi, MA (Zen Studies), PhD (Cultural Studies)

Michael Dougan, Registered Psychotherapist, MEd (Counselling Psychology), MA (Applied Psychology)

\*\*7 modules (26 hours): Modules 1-6 are four hours in length and module 7 is 2 hours. Oct. 8 to Jan. 21, 2023, 1:00 pm to 3:00 pm (Toronto time).

### Course Description

This course seeks to provide an introduction to the intersections and parallels between Buddhism and Acceptance and Commitment Therapy and discusses the similarities and differences between them. The course will explore how the two may be integrated in providing Buddhist counselling and spiritual care. Participants in the course can expect to engage in experiential learning, reflection (self and group), meditations, case discussions/vignettes, and didactic coursework.

\*\*Registration and administration fee is \$50 (not refundable after class starts).

Please complete the application form on Page 2 (for the Grieve Counselling Course by August 28, 2022 /for the Buddhism and Acceptance and Commitment Therapy Course by September 15, 2022) and email it to [registration@AppliedBuddhism.ca](mailto:registration@AppliedBuddhism.ca)

## TORONTO CENTRE FOR APPLIED BUDDHISM

### APPLICATION FORM

#### FOR

Buddhist Volunteer Grief Counselling

Please check: Y \_\_\_

12 Fridays; September 9 to November 25, 2022, 7:30 pm - 9:30 pm (ET)

Buddhism and Acceptance and Commitment Therapy

Please check: Y \_\_\_

Thirteen Saturdays starting on October 8, 2022, 1:00 pm to 3:00 pm (ET)

#### Participant Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Please also complete the following:

1. Buddhist Sangha (Community) you are affiliated with: \_\_\_\_\_

2. Three Refuges taken in \_\_\_\_\_ (year) with:  
\_\_\_\_\_ (name of teacher and Sangha)

3. If taken precepts, (what, when and where) \_\_\_\_\_.

4. Are you volunteering or planning to volunteer with:  
\_\_\_\_\_ (Buddhist Sangha)

5. Would you be interested in volunteering 2 - 5 hrs/week to offer Buddhist counselling on-line with the Toronto Centre for Applied Buddhism? Y \_\_\_ / N \_\_\_

6. Please provide a reflection on your current counselling skill level, as well as your motivation to learn Buddhist counselling skills for grief and loss and/or take the Buddhism and Acceptance and Commitment Training

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Participant Signature

Date